

BAB VI PENUTUP

6.1. Kesimpulan

1. Proporsi sari buah murbei hitam dan susu sapi memberikan perbedaan nyata terhadap aktivitas antioksidan, kemampuan mengalami sineresis, pH, dan tingkat keasaman *yogurt* murbei hitam.
2. Lama penyimpanan memberikan perbedaan nyata terhadap aktivitas antioksidan, kemampuan mengalami sineresis, pH dan total asam *yogurt* murbei hitam.
3. Terdapat pengaruh interaksi antara proporsi sari buah murbei hitam dan susu sapi dengan lama penyimpanan terhadap pH dan total asam *yogurt* murbei hitam.
4. Tidak terdapat interaksi antara proporsi sari buah murbei hitam dan susu sapi dengan lama penyimpanan terhadap aktivitas antioksidan dan kemampuan mengalami sineresis *yogurt* murbei hitam.
5. Semakin tinggi tingkat proporsi sari buah murbei hitam maka semakin meningkat aktivitas antioksidan, total asam serta kemampuan mengalami sineresis dan nilai pH semakin menurun.
6. Semakin lama waktu penyimpanan, maka semakin meningkat total asam, kemampuan mengalami sineresis dan nilai aktivitas antioksidan, pH semakin menurun.
7. Berdasarkan hasil penelitian dapat diketahui selama 21 hari penyimpanan nilai aktivitas antioksidan berkisar 35,365-106,075 $\mu\text{g AAE/g yogurt}$ dengan kemampuan menghambat 11,57-33,45%, pH berkisar 3,894-4,002, tingkat keasaman 63,89-91,11°SH, kemampuan mengalami sineresis 10,72-15,00%.

6.2. Saran

1. Dapat dilakukan pengujian organoleptik hingga perlakuan S3L3 untuk mengetahui perlakuan terbaik serta tingkat penerimaan konsumen terhadap *yogurt* murbei hitam.

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